

How to Use Your Lunar Journal

Read the **C**overview, **H**earth, and **R**elationship segments which tune you in to the theme for the current phase.

Then proceed to the corresponding journaling page. The *Keywords* in the top upper left portion of the page describe the overall energy of the phase.

“Seed Intention” New Moon time is most effective when you have gone inward to glean the essential wisdom from the previous cycle. This awareness of what you’ve already accomplished helps you envision a possible future and gain clarity on your intentions for the coming cycle. Then at the New Moon, this vision is concentrated and focused into an encapsulated intent that becomes planted deep in your consciousness. It germinates and develops according to your willingness to take action appropriate to each phase throughout the lunar cycle.

“Writing” is a form of instant manifestation. Answering the questions will help you gain clarity while also empowering you to harness the energy of the phase. If keeping a journal is new to you, the space provided for writing may be enough. If journaling is old hat to you, you may want to add additional paper between the pages provided for each phase.

“Feelization” Your feelings are the secret ingredient that ignites and magnetizes your New Moon intentions. Be sure to write your intentions in the present tense, so they begin to manifest right now. After you’ve written down your intentions, make some space and quiet time for yourself. Take one intention at a time, close your eyes, and with all your inner senses, feel your intention as if it’s manifesting right in the present moment. Feel the joy of accomplishment and the quickening of your cells as fully as possible. By doing this, you’re actually utilizing the emotional magnetism of the New Moon to create your own magnetic field and you are setting in motion and attracting all that you need to fulfill your dreams. Return to this grateful feeling of manifestation you’ve now encoded into your cells each day and any time you feel off-track or doubt enters concerning your progress. Feel as though your prayer is already answered... and the world will mirror back to you your feelings.

“Acknowledgments” Give yourself some pats on the back. It’s important to acknowledge what you’ve accomplished as you progress through the phases. This builds self-esteem and helps you focus on what you’re creating with a positive attitude...and what you focus on *will expand*.

“Gratitude” Gratitude is the magic fertilizer for your intentions. When you’re grateful, you come from a place of “having” and that automatically attracts more of the same. It’s true that lunar journaling requires you to write in your journal only once every phase... about every 31/2 days. Consider gratitude the exception to that rule. Move into a place of gratitude whenever possible... and at least once a day add something you’re grateful for to the gratitude list in your journal. By doing this, you’ll continually create fertile ground in which the growth and progress of your intentions will flourish.

Follow these guidelines as you journal your way through each month and you’ll see the patterns of lunar energy unfold and build upon one another. As you grow in awareness, you’ll find yourself continually refining and magically manifesting your intentions.

Full Moon Overview

Get ready for a tense and possibly frustrating Full Moon as dreams and reality clash.

Six months ago, the New Moon in Virgo on August 30th brought you to a crossroads. What was dead or dying could no longer be ignored. A change in your status quo was underway and you took action on intentions to break with old routines and habits that were holding you back. You knew the key to the accomplishment of your dreams was to make a healthy life a priority, have faith in yourself, and use your creative passions to be of service.

This Full Moon reveals your progress and what still calls for release and change. Ground yourself, be flexible, and take some time to think things through...avoid snap judgments or harsh impulsive reactions. You can't ignore the seismic activity, so aim to keep the best of the old while bringing in elements of the new.

The trick this Full Moon teaches about is how to keep inspiration alive while also keeping your eye on practical mundane matters.

Health

*Areas of the body emphasized by the Moon in Virgo and its ruler Mercury are :
abdomen, intestines, digestive system, respiration, nervous system, lungs,
arms and hands.*

This is a big health checkpoint and this stressful Full Moon could really jack up your nervous system, so remember to breathe, feel your feet, and be present to avoid accidents and other unpleasant surprises.

Six months ago you made new beginnings in all areas and committed to living an all-round healthier life step-by-step. You set an intention to give your nervous system some special consideration every day. That's a good intention to check in with now.

Relationships

Repressing feelings or denying changes won't be helpful now. Resistance to change only adds to the tension. The key is to be calm, kind, and determined to make responsible changes. Old habits of co-dependence or over-thinking relationships, of being overly idealistic or overly critical call for release now.

If the unpredictable nerve-wracking Full Moon energies create problems, don't despair...the following day offers recovery and a greater capacity for compromise.



If you were born during a Full Moon Phase: Take stock of how your practical plan and long-term dreams and goals have evolved over the past six months.

Full Moon

Moonrise: sunset

Moonset: dawn

Keywords: culmination,
revelation

20^o Virgo

7:39 pm pdt

March 10 Tues.

2:39 ut 11 Wed.

12 Thurs.

13 Fri.

Revelations: How have I done regarding the intentions I set forth at the time of the New Moon? How have the intentions I set forth six months ago become integrated into who I am now?

Insights: How am I keeping the best of the old while bringing in elements of the new? What are my touchstones for inspiration while I take care of life's practical mundane matters?

GratITUDE:

